

# UPSTAIRS CLUB

Volume 5.

April 25, 1963.

Chicago, Illinois An Educational Group

WHAT IS SPRING ? WHEN does it arrive? And WHAT does it mean? These three questions might be answered by these words in the dance profession - Graduations - Recitals - Sickness - Tornadoes - Auditions - Violent Wind - Contests - and anything but flowers and a balmy climate. At this moment SC are involved in rehearsals for the annual Spring Concert and this year has been one of the hardest on record to get things accomplished because of all those "words" above mentioned. Mr. STONE is working on a new untitled work to music by Poulenc, in which, JOHN KRIZA and RUTH ANN KOESUN will be featured...CHARLES SCHICK and DEBBY KRYCH also have prominent parts in the ballet. This year's program will introduce many new faces to our audiences - this was a year with a large turnover in the more advanced dancers. SHEILA REILLY has choreographed a Classical ballet to Lehar melodies from the Operetta "Die Blau Mazur" with a large group of 18 dancers. DOLORES LIPINSKI and LARRY LONG will dance a variation. MR. CAMRYN's new ballet for this year is to be "Frolicher Reigen" to Clementi Music with ELIZABETH WINEBERG, CARREN CHESHER, DEBBY KRYCH, DEAN & BILL BADOLATO, PAUL KRUMM and Himself dancing it. There will also be a group of divertissements to round out the program. The jobs for the coming summer have attracted much of attention in the past few weeks. Starlight Opera Company have engaged MIMI WACHOWIAK, MARTIN GAVIN, PAUL KRUMM, and JOHN SPINA....so far - only DONNA MILLER seems to be engaged for Melody Top and she will divide her summer between Chicago and Milwaukee...MADONNA KESSLER & PATTI TOMC are to be with Aquacades... the Trade Fair will have CHARLES SCHICK as soloist and in the group - ROBERTA SENN, YVONNE BROWN, JANICE LAPOINTE, and JEAN KUDLA...Music Theatre are just now having their tryouts which are a bit

late...in the Science department both BILLY BADOLATO and SUSAN PERLMAN will compete downstate in the finals sometime in May...ROBERTA SENN won a \$700 Grant for summer study from the South Asian Study Department of the University of Chicago...DEBORAH PODORE will be graduating from the University in June and plans on going to New York for further dance training and experience ...LORETTA ROZAK'S Spring recital is to be at the Studebaker on Sunday the 21st - many of us will be going...just before the program at the studio we will have an afternoon of slides... STEVE PRIMIS will show his slides of Greece and Mr. C. will show slides of Glacier National Park and Montana... the end of March Mr. C. was down in Cincinnati to help choose dancers for a Civic Ballet and to teach - while there he saw many of the schools very special friends - MYRL LAURENCE, NANCY BAUER, PHYLLIS GAMBOE and many of the youngsters who have been coming up for summer work the past few years.... PHYLLIS and ELAINE PETRICOF did a sterling joy of demonstrating for Mr. C...ELAINE graduates this year and will next year be going to Northwestern so that she can study in the school... we were all very impressed that JOHN NEUMEIER - if only a student at the Royal - was mentioned in an international News release along with the stars of "Margeurite and Armand" .... It is very rare indeed that an American is ever given a chance on English ground ...the second week in May Mr. STONE will fly to Spokane Washington to Adjudicate for the Greater Spokane Music and Allied Arts Festival...new on the Ballet staff at Interlochen with SHEILA REILLY & JOSEPH KAMINSKI will be DOLORES LIPINSKI & STEVE PRIMIS...there has been a complete blackout on news from New York... along with the newspaper strike everybody apparently forgot how to write too ...born to Peggy and Craig Morgan, formerly Peggy Powell, a boy in Nancy France..

FROM A DANCER'S SCRAPBOOK  
"On Walking."

Walking, then, is a perpetual falling with a perpetual self-recovery. It is a most complex, violent and perilous operation, which we divest of its extreme danger only by continual practice from a very early period of life. -Oliver Wendell Holmes.

O Lazy Bones! Dost thou think God would have given thee arms and legs; if he had not design'd thou should'st use them. -Benjamin Franklin.

The age is dull and mean,  
Men creep, not walk.  
-John Greenleaf Whittier.

Unhappy business men I am convinced, would increase their happiness more by walking six miles every day than by any conceivable change of philosophy. -Bertrand Russell.

The palms of your hands will thicken,  
The skin of your cheek will tan,  
You'll go ragged and weary and swarthy  
But you'll walk like a man.  
-Hamlin Garland.

To a person instructed in natural history, his country or seaside stroll is a walk through a gallery filled with wonderful works of art, nine-tenths of which have their faces turned to the wall. -Thomas Huxley.

Today I have grown taller from walking with the trees. -Karle Wilson.

The poor man must walk to get meat for his stomach, the rich man to get a stomach for his meat. -Benjamin Franklin.

It is good to collect things; it is better to take walks. Anatole France

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ANSWERS TO LAST issues questionnaire.

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|-------------------|-------------|
| 1. Tarantella     | 2. Rigadoon |
| 3. Mazurka        | 4. Reel     |
| 5. Fandango       | 6. Waltz    |
| 7. Hornpipe       | 8. Saraband |
| 9. Quadrille      | 10. Polka   |
| 11. Virginia Reel | 12. Bolero  |

THE CARE OF THE FEET.

Ever since man got up off all fours he has been having trouble with his feet, which are amongst the most vulnerable parts of the body - and in most cases get the most abuse. To the conditions of painful feet, swollen feet, and odoriferous feet can now be added the most painful of all - Plantars Warts. While every attention is given to the rest of the body, the feet, are frequently neglected. At most, one goes to a Podiatrist, who merely makes you more comfortable by removing the corns and callouses; thus, relieving the pressure on the nerves which inflame the feet.

The function of the feet is to act as a springy organ of locomotion preventing jars to the brain, spinal cord, the abdominal and pelvic organs. They are the two most important contacts with the earth and suffer constant injury and abuse.

Defects of the feet have a definite relationship with other painful complaints. It is possible to affect the balance of the body because of a foot injury enough to cause backache, sciatica, knee pain and hip trouble. All these troubles can be alleviated if the accompanying foot condition is treated.

Obesity is a major cause of foot trouble, for the weight of the body tends to flatten out the two arches, especially the longitudinal arch. With the normal weight of 150 pounds, one foot would weigh about 3 pounds. Imagine the strain on the feet, then, if one happens to be 50 or more pounds overweight. Examining the skeleton of a foot one is amazed at how fragile it appears and even more awed by all it can and does do. The dancer's foot is no different from the ordinary person, only in that it works much harder and is more important to the dancer's profession and well being. Theirs should be treated with great reverence.

The healthy foot must be clean. It must be scrubbed with a stiff brush and washed with warm water and soap twice a day. Should the foot require hardening then cold water should be used. After washing the feet must be carefully dried, particularly between the toes where the skin quickly becomes sore and tender, if

inadequately dried, thus causing soft corns. Always use a foot powder after bathing.

Shoes must be aired and cleaned, the socks frequently washed and rubbed soft and without darns. After washing rub the feet with a methylated balm. Tired and swollen feet benefit by sitting with them raised above the hips to drain out their over supply of blood. The muscles become congested in the leg and foot from long periods of walking, standing or physical activity of any kind.

Blisters are caused by friction and irritation. Bathing the feet in alum water will harden them. When a blister occurs the treatment must be carried out under conditions of utmost sterility - needles used to prick the blister must have been boiled or held in a flame. An excellent treatment is to thread a needle with pure white cotton thread pulling it through the blister, leaving a short end out on each side of the blister. The thread absorbs the fluid in the blister and then gives it a chance to heal before opening it. Keep the blister soft by using castor oil which is an excellent antiseptic.

Nails must be cleaned along their free edge and sides where dirt and dead skin collect. This is important otherwise an infection of the nail bed will follow if the skin is broken. Cut the nails straight across to prevent ingrowing nails. After cutting the nail it is wise to file the edges smooth, removing all sharp corners and irregularities that cause irritation.

The prevention of corns is obviously to take pressure off the sensitive part by means of correctly fitting shoes. Every callous on a dancer's foot is by no means bad. Often they are necessary for protection and should not be removed unless complicated by a deep-seated blister or Plantars Wart.

During a dancers professional life it is often necessary to work in ill fitting shoes, shoes made for someone else, shoes that are unpliable, weird style etc. All of which make it more important to care for your feet when they are out of these torture chambers. More often it is the street shoes that are at fault.

Footache is a warning, pain is a danger signal and swelling can be dangerous, so adequate care must be

taken when these signs appear. Bathing with alternate hot and cold water increases circulation. Soaking them in a strong solution of Epsom Salts or Johnson's Foot Soap relieve them of inflammation caused by overwork.

Chronic foot fatigue is more often caused by muscular weakness when the small muscles of the soles of the feet are failing to do their work. To commence wearing arch supports and Special shoes is to condemn the feet to suffer permanently from this condition. The sole cure is to re-educate the muscles concerned so that they will once again begin to competently carry out their work.

The only method to re-educate a muscle is by exercise and the feet are no exception. There are many simple foot exercises such as picking up pencils, marbles, or coins with the toes. Properly taught ballet has no peer in the building of a foot. Notice, I said "properly taught". Careful attention must be given to centering the weight properly on the feet in the turned out positions of Ballet.

Walter Camryn.

#### PLANTAR WARTS

A wart is a viral infection of the epidermis, the outer layer of the skin. And the plantar wart is a viral infection of the plantar fascin - a sheet of fibrous tissue extending beneath the skin from the heel to the toes on the sole of the foot. You could also describe this wart as a virus-caused tumor. Warts are always benign and have never been known to turn into cancer.

Warts can occur anywhere on the skin, but the most common location are on the hands, fingers and soles of the feet... Apparently because these areas come in contact with the virus.

The plantar wart which appears on the bottom of the feet is the one that particularly plagues dancers. Doctors say that there is evidence that they are increasing in prevalence and that little can be proven about them but it is generally believed that they are transmissible between persons.

Plantar warts cause the most trouble being very painful and can disable a person completely. They are flattened



with every step the patient takes. So unlike warts on the hands they cannot bulge outward, they are pressed inward from the pressure of walking. In size they vary from the size of a pinhead to a half dollar.

This type of wart is most common in adolescents and in adults with moist feet. It has been suggested that they are spread by walking barefoot in showers, locker rooms and around swimming pools, but in England where wart infected students were denied these facilities for six months, there was no decrease in the evidence of warts. Many people who have an aversion to walking barefoot still are subject to plantar warts. All is highly controversial and little or nothing can be proven about them.

Pressure seems to play an important part, occurring most often on points of pressure. When these warts are particularly bad they can throw the entire

alignment of the body off because of the body unconsciously trying to stay off of it. Cramps and muscular pain appear in the legs and before too long the back itself can be affected.

Every dermatologists office is kept busy with patients in desperation from these warts. Treatments vary with each doctor. The electric spark, freezing with dry ice, liquid nitrogen and various acids are used. In some cases they are removed by operation. Whatever the treatment it is necessary to get down to the root which must be removed before the wart is gone. One thing is certain you cannot treat them yourself. It is surprising how deep into the foot they can go and often after they are removed there will be a goodly sized hole in the skin. However epidermis regenerates, or grows back by itself so there is no problem unless tissues beneath the epidermis have been destroyed.